

10K A Day!

Stepping up to better health

Want to be healthier, but don't know where to begin? You participated in Eat Smart Move Smart, but feel like you are starting to slip?

What is it?

Be a part of **10K A Day**, a simple and inspiring way to boost your physical activity level every day. It's easy, just put on a pedometer (**free to the first 100 registering**) first thing in the morning and track how many steps you have taken. You will track your steps, set goals and get helpful information along the way. For four weeks you can see what you are currently doing, make goals and increase both your number of steps and your health!

Why Walking?

Regular, brisk walking has shown to lower the risk of heart attack, stroke, diabetes--even breast cancer and glaucoma. On average, people take around 2000-4000 steps each day. But active individuals take at least 10,000 steps a day...the equivalent of walking about 5 miles.

How do I get started?

The program will run from August 5 to September 2, 2002. **You must register in person to receive your free pedometer and record log.** Come to the Healthy Utah area on the second floor of the Cannon building, riverside on the East end. Look for the 10K a Day sign hanging over cubicle 2321. Registration starts at 8:00 am Monday, July 29th. **Hurry, the first 100 to register get a free pedometer.** You can get more information about 10K a Day by visiting <http://www.healthyyutah.org/10kaday>.

If you have questions, please contact [Brett McIlff](#) or [Celsa Bowman](#).

07-29-02